



Smart Bacon and Egg Spinach Salad

with Warm Shallot Vinaigrette and Mushrooms

Carb Smart Calorie Smart 30 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Bacon Strips



Double Bacon



Maple Syrup



Garlic, cloves



Whole Grain Mustard



White Wine Vinegar



Shallot



Mushrooms



Baby Spinach



Cheddar Cheese, shredded



Hard Boiled Egg



Red Potato



BBQ Seasoning

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, measuring spoons, tongs, large heat-proof bowl, parchment paper, small heat-proof bowl, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Bacon Strips | 100 g | 200 g |
| Double Bacon | 200 g | 400 g |
| Maple Syrup | 1 tbsp | 2 tbsp |
| Garlic, cloves | 1 | 2 |
| Whole Grain Mustard | 1 tbsp | 2 tbsp |
| White Wine Vinegar | 1 tbsp | 2 tbsp |
| Shallot | 1 | 2 |
| Mushrooms | 113 g | 227 g |
| Baby Spinach | 113 g | 227 g |
| Cheddar Cheese, shredded | ¼ cup | ½ cup |
| Hard Boiled Egg | 2 | 4 |
| Red Potato | 5 | 10 |
| BBQ Seasoning | 1 tbsp | 2 tbsp |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt, pepper** and **half the BBQ Seasoning** (use all for 4 ppl), then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.

4



Cook mushrooms

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **reserved bacon fat** from the small bowl, then **mushrooms**.
- Cook, stirring occasionally, until **mushrooms** are golden-brown, 4-5 min.
- Add **half the garlic**, then season with **salt** and **pepper**, to taste. Cook, stirring often, until fragrant, 30 sec.
- Transfer **mushrooms** to a plate.

2



Cook bacon

- Arrange **bacon strips** in a single layer on an unlined baking sheet.
- Roast in the **top** of the oven, flipping halfway through, until golden-brown and cooked through, 12-14 min.**
- Using tongs, transfer **bacon** to a paper towel-lined plate.
- Carefully transfer all but **½ tbsp** (1 tbsp) **bacon fat** to a small heat-proof bowl. Reserve **remaining fat** on the baking sheet.

If you've opted to get **double bacon**, cook it in the same way the recipe instructs you to cook the regular portion of **bacon**.

5



Make warm vinaigrette

- Heat the same pan over medium-high.
- When hot, add **1 tbsp** (1 ½ tbsp) **reserved bacon fat** from the baking sheet, then **shallots**. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat, then add **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Carefully transfer **bacon fat** and **shallots** to the large bowl with **vinaigrette base**. Season with **salt** and **pepper**, to taste, then whisk to combine.

3



Prep and make vinaigrette base

- Quarter **mushrooms**.
- Peel, then mince or grate **garlic**.
- Peel, then cut **half the shallot** (whole shallot for 4 ppl) into ¼-inch pieces.
- Peel **eggs**.
- Whisk together **mustard, vinegar** and **half the maple syrup** (use all for 4 ppl) in a large heat-proof bowl.

6



Finish and serve

- Quarter **eggs** lengthwise, then season with **a pinch of salt** and **pepper**, to taste.
- Chop **bacon** into ½-inch pieces.
- Add **mushrooms, spinach, potatoes** and **half the bacon** to the bowl with **warm vinaigrette**, then toss to combine.
- Divide **salad** between plates.
- Sprinkle **cheese** and **remaining bacon** over top.
- Top with **eggs**.

Dinner Solved!